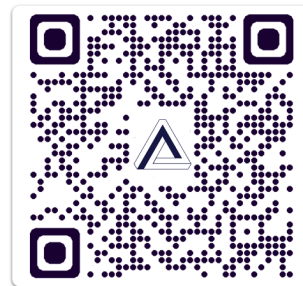


# READING ACTIVITY



Linguistics & Semiotics    Science & Tech    Math & Engineering    Arts & Expressions  
Fiction & Fantasy    Biology & Health    History & Geography    Practical Skills & Wellness

## Yoga for all



Yoga has become a popular activity in recent years. People practice yoga for many different reasons, including stress relief, increased flexibility and strength, and overall physical and mental health. However, some critics question the true benefits of yoga and consider it to be nothing more than a trendy pastime for the privileged. So, is yoga truly beneficial or just a bourgeoisie trend?

According to health researchers and scientists, there is evidence that practicing yoga can have a positive impact on both physical and mental health. Studies have shown that yoga can reduce stress and anxiety, improve heart health, and even help with chronic pain. In addition, practicing yoga has been linked to improved sleep, better breathing, and increased mindfulness.

One study conducted by researchers at Harvard Medical School found that practicing yoga can lead to changes in brain chemistry that improve mood and reduce anxiety. Another study from the University of California found that practicing yoga can reduce inflammation and improve immune function.

While some may argue that yoga is a trend for the wealthy, it is important to note that yoga is accessible to people of all backgrounds and socioeconomic statuses. There are many free resources available online and in local communities for those who want to practice yoga but cannot afford to attend classes at a studio.

Overall, the benefits of yoga are supported by scientific research and are accessible to people of all backgrounds. While it may be trendy among certain groups, it is clear that yoga has the potential to positively impact one's physical and mental health.

## TEACHER'S NOTES

Go to the next page to answer the questions regarding your comprehension of the main ideas and usage of the grammatical structures encompassed in this text.

WORD FREQUENCY  
SENTENCE LENGTH  
IDEA COMPLEXITY  
PREVIOUS KNOWLEDGE



# READING ACTIVITY



NAME: \_\_\_\_\_

Start Time: 00:00

DATE

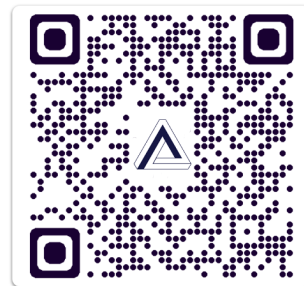
End Time: 00:00

DD/MM/YY



Linguistics & Semiotics   Science & Tech   Math & Engineering   Arts & Expressions  
Fiction & Fantasy   Biology & Health   History & Geography   Practical Skills & Wellness

## Yoga for all



### Judge the statements true or false:

1. Yoga has no scientific evidence to support its health benefits.
2. Yoga can lead to changes in brain chemistry that improve mood and reduce anxiety.
3. Practicing yoga can reduce inflammation and improve immune function.
4. Yoga is only accessible to wealthy individuals.
5. Yoga has the potential to positively impact one's physical and mental health.

## STUDENTS NOTES

Scan the QR Code to listen to the text and check the answer key.